

# Hawaii MARINE SPORTS

Hawaii Marine C Section

June 4, 2004



Lance Cpl. Megan L. Stiner

Each year one service member is selected from each unit as a representative to carry the torch during the Troy Barboza Law Enforcement Torch Run. Throughout the three-mile race, the torch is passed among the representatives and eventually carried into the stadium where Special Olympics Hawaii games are held.

## Marines sweat for charity

### Service members unite to raise more than \$1,000 for Special Olympics

**Lance Cpl. Megan L. Stiner**  
*Combat Correspondent*

WAIKIKI — More than 60 Marines from the Military Police Department participated in the 2004 Troy Barboza Law Enforcement Torch Run for the Special Olympics Hawaii here, May 28. This year, MP Company was the tenth-largest money contributor, having sold T-shirts to raise funds for the cause and give of themselves to the community.

"This was my first time running in the Torch Run," said Lance Cpl. Justin L. Beneway, military working dog handler with MP Co. "I knew it was a positive thing to participate in, but I really understood and felt honored when I shook hands with the athletes as we left the stadium. I can't wait until next year, when we do it again."

More than \$1,300 was raised by the unit, which donned green-on-green physical training uniforms for the three-



Lance Cpl. Megan L. Stiner

**Cpl. Ryan Martel, military working dog handler with Military Police Company, was selected to represent his unit by carrying the torch during this year's run.**

mile run through downtown Waikiki. Law enforcement personnel from federal, military, state, county and local agencies regularly participate in the run dedicated

and named after fallen police officer Troy Barboza.

The torch that was carried through the city May 28 during the run, was lit on May 26: the 2004 Special Olympics Opening Day. Throughout the run, the torch was passed amongst individuals from each unit.

After the run, service members left the stadium to the applause of Special Olympics athletes; in turn, military members gave the athletes high fives as they entered the field to begin their games.

Californian native Troy Luis Barboza graduated from the University of Hawaii in 1985 and was appointed to the Honolulu Police Department. During his time at the Police Academy, Barboza and his fellow recruits participated in the very first Torch Run. Before his graduation, he established himself as an excellent leader and athlete, and was named the Most Outstanding Recruit in his class.

Barboza possessed a natural talent for building rapport with gang members, and was sent to the "Alpha Detail," an elite unit specializing in the enforcement of street crimes in the Waikiki area. Early in his career, Barboza became involved in Special Olympics; he volunteered as an

*See RUN, C-6*

## Semper Fit spins forward

**Pfc. Rich Mattingly**  
*Combat Correspondent*

In the '80s, at a small gym in Venice, Calif., fitness guru Johnny G. started using his club's stationary bicycles in a new and unique way. Calling the program, "spinning," patrons were invited to imagine themselves racing through hills and down thoroughfares to the sound of music, all while an instructor narrated their trip.

For busy professionals and health gurus alike, spinning is a powerful way to balance good, hard exercise with healthy relaxation and visualization techniques.

Flashing forward to the 10-year anniversary of spinning, 13 brand new bikes have arrived at the Semper Fit Center — ready for the spinning classes that started this week.

Unlike what some consider to be high-impact, flashy aerobics classes, spinning is concerned with the participant's mental, as well as spiritual workout.

"The spinning classes are focused inward, on the journey," said Victoria Stonesifer, certified spinning instructor. "We listen to quiet music, mostly without words. We don't even need mirrors; all we need is a dark room to motivate us."

The hard work of spinning comes from the 40-pound flywheel that spinners can push effortlessly at the "0" setting, or strain to push at "10."

"Zero is what we call 'spinning,' and '10' is worse than Kansas Tower, just the biggest, ugliest hill you can imagine," said Stonesifer.

Stonesifer starts her classes with no resistance on the bikes, and focuses on relaxing — stretching her class one muscle group at a time

*See SPIN, C-6*

## Aerobics takes a step in the right direction

**Cpl. Jessica M. Mills**  
*Sports Editor*

Since the 2,120-foot towering Haiku Stairs, also known as the "Stairway to Heaven," in Kaneohe, is officially off limits, the Semper Fit Center here is offering another way for exercise extremists to tone their gluteus maximus with lots of steps.

As a safer, legal option, the center offers its advanced step aerobics class on Mondays, Wednesdays and Fridays from 8:45 until 9:45 a.m.

"Everyone can complete this course; it is geared towards all levels of fitness," said Grace Perrin, the instructor. "You can make the moves more advanced if you'd like, but basically they are very simple and easy to master."

A low-impact version of the course consists of cardiovascular exercise using step equipment and weights to work on your gluteus, abdominal and leg muscles. Each week Perrin tries to alternate the schedule so she can work a different muscle group each time, and keep the class inter-

esting. The atmosphere is kept upbeat with fast-paced dance music grinding to the timing of the demanding exercises.

"My class is primarily made up of one step and a lot of choreographed dance moves," said Perrin. "For instance, dance moves like the mambo are used in conjunction with the steps, so those who love to dance could do well in this class."

Kathy Patterson has been attending step for a number of months, and has found that she pushes herself harder in class than she ever would at home.

"It gives you a great workout without even realizing it," Patterson said. "You spend the entire time trying to keep up with the choreography and the hour passes by quickly."

Each class costs one ticket or \$2 at the Semper Fit Center. Tickets are available at the front desk or patrons can buy a booklet of 10 and receive a discounted price of \$15. For more information, contact the Semper Fit Center at 254-7597.



Cpl. Jessica M. Mills

**All levels can complete step aerobics, as long as they are dedicated, just like Kathy Patterson, a family member who has been a member of the course for months.**



# BASE SPORTS

**Edward Hanlon V**  
*MCCS Public Relations*

**June**  
**4 / Today**

**All-Marine Women’s Softball** — If you’re an active duty Marine or a spouse of an active duty Marine who is interested in playing on the base Women’s Varsity Softball Team, contact Marine Corps Community Services’ Athletics, today. Trials will be held from Aug. 21 through Sept. 12 at Marine Corps Air Facility New River, so Athletics needs to field a winning team now.

Those selected to the All-Marine Team will compete in the Armed Forces Championship at Peterson Air Force Base, Colo., and Marines selected to the Armed Forces Team will compete at the Women’s Nationals in San Antonio, Texas, from Sept. 24 through 26.

Interested players should contact MCCS prior to the July 10 registration deadline, and

they must submit resumes along with command authorization to MCCS Athletics (located at the Semper Fit Center). Call Coach Pagud at 753-5396 or Athletics at 254-7590 for more information.

**All-Marine Golfers** — Semper Fit is seeking resumes beginning today for 72-hole medal play at the All-Marine Golf Trials on Sept. 11 - 18 at Marine Corps Air Ground Task Force Training Center, 29 Palms, Calif. The top six men and top three women will then proceed to the Armed Forces Championship Sept. 19 - 25 at Fort Carson, Colo.

Interested Marines must submit resumes along with command authorization to the highest level of competition. Proof of handicap is required (4 and below for men, 14 and below for women).

Resumes are due to MCCS athletics no later than July 10. Call 254-7590 for more details.

**Iron Men & Women** — Semper Fit Athletics is actively seeking resumes for the All-

Marine Ironman Team beginning today, to compete at the Ironman World Triathlon Championship in Kona, Hawaii, on Oct. 16. Resumes must include most recent competitions and times.

Race experience, previous race results and courses will be considered when selecting the team; qualifying events or selection by general lottery does not guarantee selection to the All-Marine team.

The team composition will be three men and one woman who will go on to compete in the military division of the Ironman Hawaii World Championship. Alternates will also be selected. Semper Fit will fund air fare, team uniforms and entry fees; team members are responsible for per diem and lodging expenses.

Submit resumes along with command authorization to MCCS Athletics before June 15. Call 254-7590 for more information.

**Pau Hana Pin Party** — K-Bay Lanes is the place to be for Friday fun. The mixed bowling

league is open to any combination of eligible 18-year-old foursomes.

There is a one-time sanction fee for all. The weekly cost is only \$10, which includes three games, awards and a banquet ceremony.

Call K-Bay Lanes at 254-7664 for more information.

**Summer Swim Lessons** — Taking swim lessons from MCCS Aquatics can boost your confidence in the water, and may even save your life. Registration is underway beginning today at the Kaneohe Bay and the Manana Housing base pools for swim programs in all age groups and abilities, from ages 6 months to adults. Sessions will run until August, and students can select from a number of schedules that best fit their own needs.

Swim lessons will begin around 9 a.m. and be offered until 5 p.m. Prices vary for individual lessons and private and semiprivate groups. Family discounts are also available.

Stop by either pool to register, or get more information at 254-7655.

the Single Marine & Sailor Program every Tuesday, from through June 27, for the SM&SP Golf Clinic. The clinics are designed to help authorized SM&SP patrons improve all areas of their game, from putting to driving, etiquette to rule understanding, and everything in between.

Head over to the Kaneohe Klipper Golf Course from 5 to 6 p.m., after you register with the SM&SP office at the unbelievable bargain rate of only \$40.

Call 254-7593 for more info.

**Okinawa Kenpo Karate** — Every Tuesday and Thursday, join MCCS Youth Activities for Okinawa Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Bldg. 1391.

Adults and children are welcome, and classes cost only \$35 for adults, \$25 for children and an additional \$20 for other family members.

Call Youth Activities for more details at 254-7610.

**Mixed Bowling League** — Every Tuesday, K-Bay Lanes is hosting the Friends of K-Bay Mixed Bowling League, open to all authorized patrons and their guests, which begins at 6 p.m.

Call 254-7664 for more.



Pfc. Rich Mattingly

## Base All Star

**NAME:** Stefon A. Herbert

**SPORTS:** Soccer, football

**UNIT:** Combat Visual Information Center

**BILLET:** Combat Photographer

**HOMETOWN:** Annapolis, Md.

- Herbert plays for the Headquarters Bn., MCB Hawaii, soccer team, as well as the football team.
- He has played soccer seriously for more than 12 years.
- He played multiple sports at Southern High School in Maryland and also played for a local travel team.

*“I do some kind of physical activity every day, usually going to the gym. That way I am always training.”*

**5 / Saturday**

**Okoye Sports Clinic** — A free youth football clinic will be held at Pop Warner Field, Saturday from 10 a.m. to 3 p.m.

The clinic is accepting children from 8 to 18 years of age. They should bring shorts, a T-shirt, and a pair of tennis shoes.

For more information, call 909-481-3541.



**6 / Sunday**

**NASCAR Sundays** — Watch the excitement of NASCAR at Kahuna’s Sports Bar & Grill. The club will open at 8 a.m. for breakfast and allow a pit stop for lunch and dinner too. Wear your favorite racer’s gear and receive \$1 off wings (dine-in only).

All E-5 and below are welcome to stick around until closing at 8 p.m. Security is enforced.

**8 / Tuesday**

**SM&SP Golf Clinic** — Join

**19 / Saturday**

**10th Annual CSSG-3 Swamp Romp** — What could be more fun than a morning run that involves things like mud pits, water holes, low-crawling and rope swings.

The 10th Annual CSSG-3 Swamp Romp is a five-mile jog aboard MCB Hawaii, and open to the general public. The race will begin at 7 a.m. at LZ Boondocker.

Registration fees are \$102 per six-person team. There is a late fee of \$18 per team after June 11.

For more information, call 254-7590 or 254-7591.

## Ongoing

**Massage Therapy** — Massage therapy, by certified massage therapists, is available at both Kaneohe Bay and Camp H. M. Smith. The massage therapy program helps to relieve your mental and physical fatigue and improve overall circulation and body tone.

Appointments are available by calling the Kaneohe Bay Semper Fit Center at 254-7597, or Camp Smith at 477-5197.

# COMMUNITY SPORTS

**State Offers Free Recreation**

The Hawaii Department of Land & Natural Resources is offering education classes for the public. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the outdoors — not just hunters.

The next two-day session is today from 5:45 to 10 p.m. and Saturday from 7:45 a.m. to 4 p.m. in Classroom #A-212 at the Nimitz Business Center, 1130 N. Nimitz Hwy. (Drive up the ramp to the classroom, which is the first room on the right.)

A picture ID is required for entry to the sessions. For more information about outdoor education, or to sign up for this course, call 587-0200.

**HTMC Hosts Three Weekend Hikes**

- Intermediate hikers can celebrate National Trails Day by trekking back and forth on the switchbacks, and then up the Kuliouou Ridge to the Koolau crest, Saturday at 8 a.m.
- After tackling this four-mile jaunt,

hikers will relish the great views of Waimanalo and the vicinity. To join the Hawaii Trail and Mountain Club, register with coordinator Dave Sanford at 488-4419.

- Novice hikers can also become one with nature, Saturday at 8 a.m., when HTMC meanders the short two miles through Kuliouou Valley, strolling to the usually dry waterfall at the end of this trail. To stroll along, contact coordinator Phil Booth at 382-4709.
- Advanced hikers are not to be left out of the celebration of National Trails Day. HTMC will pack light for the well-graded and contoured challenge of Waimano, Sunday at 8 a.m. Would-be hikers should dress comfortably for this 14-mile excursion, which follows an abandoned irrigation ditch past interesting tunnels and dams, then zigzags and climbs, until eventually reaching the summits overlooking Kahaluu and Kaneohe Bay. For more details, call coordinator Mike Algiers at 422-1048.
- A \$2 donation is requested from each nonmember, ages 18 and over, and a responsible adult must accompany children under 18. Firearms, pets, radios and other audio devices are prohibited on all hikes.

**Sports Racing Posts Schedule**

Solo II or Autocross will be held at the Hawaii Raceway Park at the Campbell Industrial Park on Oahu and costs \$25 per driver. About 70 to 90 cars normally compete, from stock vehicles to racecars. The event’s purely amateur; anybody can participate.

Each driver receives four runs through the sports car course, and the driver with the single, fastest time in the class wins. Points acquired throughout the year accumulate for prizes and trophies by year’s end. Minimum participation is more than half of the year’s races is required to be in the running for points and the run-off championship.

Races are scheduled this Sunday, July 4, Aug. 1, Oct. 3, Nov. 7 and Dec. 5. For more details, call Curtis Lee at 262-5987.

**Pan-Pacific Festival Hosts Half-Marathon**

Sunday, June 13 at 5 a.m., runners will take their mark and embark on a 13.1-mile half marathon as part of the 25th Annual Pan-Pacific Festival. The race will begin at Ala Moana Regional Park (Magic Island) and continue along Kalakaua Avenue, rounding Diamond Head (on Kahala Avenue), before finish-

ing at Kapiolani Park.

Preregistration costs \$25 through Sunday, \$100 on race day. All finishers will receive T-shirts, and proceeds will benefit the Leukemia and Lymphoma Society’s Team in Training Program.

Pick up packets at The Running Room at 819 Kapahulu Ave., surf www.pan-pacific-festival.com, or call 342-9411 for more details.

**‘Boat Smart’ Sets Sail June 19**

The Honolulu Sail and Power Squadron will offer a “Boat Smart” course on June 19 from 8 a.m. till noon at the Waikiki Yacht Club.

The classes are free, but a \$25 fee will be collected for instructional materials, which include techniques of safe handling of sails and crafts, anchoring, basic knots, chart reading, the mariners compass, piloting and more. You don’t have to own a boat to attend.

Both would-be skippers and experienced captains, as well as men, women and teenagers are invited, but the 20-seat capacity boardroom fills quickly, so registration is advised at 846-9000.

The club is located at Ala Moana Regional Park, at the foot of Atkinson Drive.





# The Bottom Line

(Editor's Note: "The Bottom Line" is the Hawaii Marine's weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession — sports. Chances are you'll either agree with one of their takes or disagree with both. Our two resident sports junkies welcome your e-mails. We will print the top comments of the week from our readers. Contact Sgt. Lindsay at [lindsayjb@mcbh.usmc.mil](mailto:lindsayjb@mcbh.usmc.mil), or Capt. Robbins at [robbinskd@13meu.usmc.mil](mailto:robbinskd@13meu.usmc.mil). Remember, "If you don't speak up, you won't be heard!")

## Who will win the NBA Finals?

**Capt. K.D. Robbins**  
*The Professor*

Ugly! Ugly! Ugly! All the critics are calling the Detroit Pistons "ugly."

Sure. It isn't as glamorous as committing adultery or "alleged" sexual assault (à la Kobe Bryant), or a flat out on-the-court assault, disguised as muscle (à la Shaq and The Mailman). But, the Lakers will meet their worst nightmare in the NBA Finals — a team that doesn't give a rat's rear who the Lakers are.

In 2001, Larry Brown coached an "ugly" team that didn't care who the Lakers were. He motivated them to believe in themselves for game one of the NBA Finals. Laker fans still reflect on how Allen Iverson and the lunch-pail Sixers spanked them in the Staples Center.

Well, break out the paddle because the spanking is about to resume. Sometime after Kobe screams "Thank you, Sir. May I have another?" to Coach Brown and the "ugly" Pistons, the Lakers will realize that they are in for a series.

The key to this series isn't fouls. And to most critics, it certainly isn't the "ugly" scoring threats or more appropriately threat (singular) that the Pistons

possess (lone star Richard Hamilton). The key to the series is that the Laker arrogance and propensity to implode will rear its ugly head.

And, Larry Brown will be there to trigger the guillotine. He coached his best game in 1988, when he convinced his "ugly" sixth-seeded Kansas Jayhawk team that they were better than Oklahoma. Then Kansas won the NCAA national title.

His second best game was that very 2001 contest when he convinced his "ugly" Sixers team that they were better than they actually were.

Tuesday night, Brown coached his third best game in what promised to be a mere prelude of his brilliance in the 2003 NBA Finals. He kept his "ugly" team focused down the stretch, again convincing his team that they were better than the more-talented Pacers.

**Bottom Line:** Larry Brown will coach not just one, but the four best games of his career. He will do it as one of the largest underdogs in NBA history.

How will he do it? Nobody knows. That is just the point.

See *PROFESSOR*, C-4

**Sgt. Joe Lindsay**  
*The Goat*

Somewhere between Nostradamus and Jimmy The Greek lies another great prophet known as The Goat, who has yet to receive the necessary accolades from his cohort in crime, better known as The Professor, for effectively predicting eight months ago everything that is happening in the NBA right now.

Years from now, the moment will be listed as one of the great dates in sports journalism history. That date is, of course, Oct. 17, 2003. The occasion was the debut of "The Bottom Line." In that inaugural article, The Goat told his readers to fast forward to June 2004, and left them with this simple, yet poetic line: "Shaquille O'Neal and the Los Angeles Lakers will win the 2003-04 NBA Championship because of, not in spite of, ego."

Let's get one thing straight. The Goat's favorite player in the NBA right now is Rasheed Wallace. Nobody is even a close second. The Goat also has big respect for Detroit Pistons head coach Larry Brown. But that doesn't change the fact that Detroit is about to get spanked.

For Detroit to win, they would have to play like Prozac to over-

come the bipolar Lakers. Unfortunately for the Pistons, they are more like over-the-counter aspirin, and that won't be enough to withstand one of the many dramatic scoring run mood swings that the Lakers are sure to undergo.

It is difficult to predict how long the series will go. It is as equally possible that the Lakers could sweep the series in four games, as it is that they will squeak it out in seven. And that is the reason this year's Lakers team has been both one of the most entertaining and highly scrutinized professional sports teams in history. We never know what we are going to get on any given night, with one glaring exception — an NBA championship at the end of the season.

There are only two real inevitables in life: divorce and taxes. Still, the 2003 – 04 Los Angeles Lakers are pushing the envelope to join that exclusive club.

It may not be guaranteed, but for entertainment purposes only, bet everything on the Lakers winning it all. Bet the house, the kids' college education, the 401K, the IRA and the dog.

As to this week's "Bottom Line," The Goat feels it makes

See *GOAT*, C-4

## Readers Strike Back

“The sport and the trophy came from Canada and belong in Canada.”

Dear "Bottom Line,"

[In response to your question, it's] Canada's Cup ("Who will win the 2004 Stanley Cup?", May 28, page C-3.)

There are two kinds of American hockey fans: American fans who follow the NHL hockey club in their city while they win, and then there's

actual hockey fans.

The last Canadian team to take the cup home was the Montreal Canadiens. In 1993, on the 100th anniversary of the professional championships, they won their 24th title and returned Lord Stanley's cup to the Great White North.

As one of the "original six" teams, Montreal won the championship for

the first eight years of the existence and 10 of the first 11 years.

Recently, the title's been sun-bleached in Dallas, rusted in Detroit and polluted in New Jersey. Even transplanted Canadian teams like Colorado stole it. Now there's the threat of it getting its first Florida tan.

See *STRIKE BACK*, C-4

HEALTH & FITNESS

Vitamins lower risk of birth defects

Jeffrey Ellis, M.D.  
NAPS Featurettes

The good news is awareness about the importance of folate during pregnancy is on the rise. However, the bad news is almost 70 percent of women of childbearing age (18 to 45) don't get enough of this essential B vitamin.

The March of Dimes, the leading organization for the prevention of birth defects in the United States, has long recommended that all women of childbearing age get at least 400 micrograms of folate per day, but people with a certain genetic mutation can't because they don't properly metabolize folic acid.

Folate is a B-Complex vitamin. It's found in raw fruits and vegetables, in some whole grains and legumes and nuts. Folate is essential for the development of red blood cells and key to the neurological growth of a baby.

Not getting enough folate in the first few weeks after conception may cause Neural Tube Defects, life-threatening birth defects.

The Centers for Disease Control recommends all women of childbearing age take folate supplements.

About 2,500 babies are born with NTDs each year, and many other affected pregnancies end in miscarriage or stillbirth.

The most common NTDs are spina bifida and anencephaly. Children with the severe form of spina bifida have some paralysis and bladder and bowel problems. Anencephaly is a fatal condition in which the baby has an underdeveloped brain and skull.

Every woman of childbearing age needs to eat a healthy diet rich in fortified grains, nuts and legumes, raw vegetables and fresh fruits. Those who cannot get the recommended daily allowance for folate need to take a multivitamin containing a form of folic acid that is already broken down and can be immediately absorbed by the body, regardless of the presence of a genetic mutation.

By planning ahead and making necessary changes to their eating habits, women can increase their chances of delivering a healthy baby.



Mothers need to plan ahead because not getting enough folate in the first few weeks after conception could cause a number of different birth defects.

Balance your diet

Going back to basics of diet and nutrition can extend your life

NAPS  
Featurettes

High carb, low carb, low fat, high fat and no fat. People are constantly looking for a quick fix to shed those extra pounds, but in today's dieting world, it's often difficult to distinguish fact from fiction and know which weight maintenance plan really works.

It's time to go back to the basics, experts advise. Losing weight and staying healthy for the long term generally starts with embracing healthy eating habits that include a daily variety of nutrients and minerals.

**Achieving Balance**

**B** — Begin each morning with a healthy breakfast. A nutrient-rich meal packed with different whole grains, protein, vegetables, fruit or 100-percent natural fruit juices, like orange juice, provides fuel for a day full of activity and gives the body the necessary nutrients it requires.

In fact, studies show that adults who regularly eat breakfast are less likely to be overweight or obese.

**A** — Antioxidants. Research shows that antioxidants may reduce the risk of cardiovascular disease. Vitamin E, carotenes, vitamin C and selenium are antioxidants that can be found in many vegetables, fruits and 100-percent fruit juices.

**L** — Learn about the important nutrients found in certain foods

that can affect your day-to-day and long-term health. For example, folate is required for breaking down homocysteine, an amino acid that is associated with cardiovascular risk.

**A** — Activities are essential ingredients to stay energetic and happy. Incorporating an exercise routine into your daily schedule, such as walking 30 minutes a day, gets your metabolism running and your body moving.

**N** — Navigate through today's health and nutrition maze. With all of the current health advice, it is difficult to know what is actually good for you and your long-term health. Include foods in your diet such as whole grains, protein, vegetables, fruit or 100-percent natural fruit juices to provide the necessary vitamins, minerals and antioxidants to keep the body and mind on track.

**C** — Cancer prevention. One of the most powerful antioxidants, vitamin C, acts as a scavenger to neutralize harmful elements naturally occurring within the body and through environmental factors. Vitamin C helps to fight cell and tissue damage that could lead to diseases, including cancer and heart disease. One 8-ounce glass of 100-percent orange juice provides 100 milligrams of the much-needed vitamin C — more than a day's worth.

**E** — Encourage family members, especially children, to make these healthy lifestyle choices. Smart eating habits and an active lifestyle are the healthy BALANCE needed to look good and feel good today and in the future.

PROFESSOR, From C-3

With all due respect, the Lakers will learn to appreciate the Pistons "ugly" brand of team play. Why? Just ask the Yankees. The

Marlins were the "ugly" team. Teams win championships, not superstars. The Pistons will do the unthinkable. They will beat the Lakers in seven. Rest assured, it will be ugly.

GOAT, From C-3

more sense to simply repeat both The Professor and The Goats' bottom lines from the inaugural issue. They speak volumes.

**Bottom Line:** The Professor said (Oct. 17, 2003), "Lace up your high-tops Chris

Webber, Tim Duncan, Dirk Nowitzki, Jason Kidd and Kevin Garnett. This is your year."

**Bottom Line:** The Goat said (Oct. 17, 2003), "Barring major injuries, the Lakers will win it all with or without Kobe. The ego of the franchise demands it." Oh, God, it feels good to be right.

STRIKE BACK, From C-3

Tampa Bay entered this tournament with the best record in the Eastern Conference. During the regular season their top five scorers each put up more than 50 points totaling 376 points, with Martin St. Louis nearly hitting 100.

They started their run by crushing the Ottawa Senators in five games. Then they swept the Canadiens. Once they eliminated the hard-hitting Flyers, it looked like it was all over for anyone in the West.

Calgary came out of nowhere as a sixth seed. Only one of their top scorers topped 50 points during the season; yet, the combined team earned 122 more total points than Tampa Bay.

The Flames were underdogs against Vancouver but managed to win in overtime. Then they faced the

ultimate menace in #1-ranked Detroit, but still managed to move on in six games. Even the #2-ranked favorite Sharks couldn't win more than two against them.

There must be some souls in turmoil on the Lightning lines, since most of the team are Canadian. I'm sure they hear it back home; the whole country is behind the Flames.

What American wasn't crushed to see the Toronto Blue Jays and Montreal Expos steal the World Series, instantly losing 40 percent of its value when it crossed the border?

It may seem like an unlikely scenario for Calgary to return the cup to Canada, but then each win

seemed unlikely all along. It didn't stop them from winning so far.

As a hockey player and fan, I know there's something real to be said for desire and heart. It has more bearing in hockey than most any sport. Calgary players know they need to win. They know that a whole country and heritage is behind them.

The sport and the trophy came from Canada and belong in Canada. True hockey fans all over the world are chanting the same thing.

Go, Flames, go!

— Shawn D. McCowan  
910th Airlift Wing  
Sheffield, Ohio



# Your stuffy nose may not be allergies

**NAPS**  
*Featurettes*

Do you know if you are one of the 35 million Americans who suffers from perennial nonallergic rhinitis? If you don't know what PNAR is, you're not alone. Unfortunately, though, lack of knowledge of the condition may mean you're not receiving appropriate therapy for your nasal symptoms.

According to a recent survey presented at the 2004 American Academy of Allergy, Asthma and Immunology annual meeting, most people with rhinitis do not know what PNAR is and cannot state whether they suffer from it unless they receive examples of the environmental factors that trigger it.

PNAR is a form of rhinitis-inflammation of the mucous membranes of the nose, triggered by a reaction to non-allergic irritants in the environment. It causes nasal symptoms that can feel like allergies. The variety of environmental factors that can cause PNAR nasal symptoms include, but are not limited to, cigarette smoke, strong odors and pollution.

This condition may be difficult to distinguish from seasonal allergic rhinitis (or "hay fever," caused by outdoor allergens like pollens) and perennial allergic



Lance Cpl. Michelle M. Dickson

**Doctors can prescribe medicines to alleviate allergies suffered by people like Lance Cpl. Anthony Witt, Motor Transport operator, with 1st Battalion, 12th Marine Regiment.**

rhinitis (caused by year-round indoor allergens like dust and pet dander). Adding to the confusion is that many people have both PNAR and allergic rhinitis.

"Millions of Americans suffer year-round from nasal symptoms of rhinitis

and think they have allergies. However, PNAR is not an allergic problem, and many medications used to treat nasal allergies, including some antihistamines, are not indicated for the treatment of PNAR," said Dr. Robert

Nathan, clinical professor of medicine, University of Colorado Health Science Center, and a PNAR expert. "In order to better discuss their condition with their health care provider and receive effective treatment, it is important that patients understand the differences between PNAR and nasal allergies."

The signs and symptoms of PNAR to watch for include the following:

- Onset and progression of nasal congestion, runny nose and post-nasal drip without itching,
- Symptoms after exposure to environmental factors, and
- Year-round occurrence of symptoms.

In addition to understanding PNAR, Nathan says that patients need to be informed about available treatment options.

"With so many allergens and irritants in the environment, it is not surprising that people have a hard time determining their nasal symptoms," he added.

Nathan says people who are experiencing nasal symptoms, even if they are unsure of the cause, should talk to their health care professional about the most appropriate treatment.

# The key to life is good nutrition

**NAPS**  
*Featurettes*

More than 81 million Americans experience chronic digestive health problems according to a recent survey by the American Gastro-enterological Association, or AGA. If you're not paying attention to the quality of your digestive health, you're ignoring your body's core — the vital part of your body that provides the delivery system for nutrients you consume.

When the digestive system malfunctions, the entire body and all organs are at risk.

"Quality of life is tied to what you eat," explained Dr. Samuel Klein, medical director of the Washington University Weight Management Center and chairman of the AGA's nutrition education campaign. "Poor food choices can lead to disruptive digestive symptoms like gas and abdominal pain. By making healthy decisions and eating a balanced diet of foods and



beverages, you can reduce disruptive digestive symptoms and may prevent weight gain and eventually obesity, which can cause a number of health problems."

Improve your digestive health with these tips:

- Eat a balanced and varied diet that contains fruits and vegetables. Other foods that specifically promote or aid intestinal health and function include bran and other whole grain breads and cereals, beans, nuts and dried plums. Try to limit fats and sweets, emphasizing instead complex carbohydrates.

- Get enough fluids via beverages or foods. Include a healthy beverage with every meal or snack. Low-calorie or non-caffeinated selections could include water, herbal teas and fruit juices.

- How you eat is just as important as what you eat. Eat slowly, and stop eating when you feel full. Don't eat just before bedtime.

Make time for proper nutrition. If you find that you're always on the go, take along good-for-you portable snacks such as fresh fruit, granola, almonds and dried plums.

- Exercise, doing activities you like doing. Try aerobic or strength-building activities, or try stretching exercises like yoga or Pilates.

- Manage your stress. Relaxing should be a part of your daily to-do list, just as work, social and family obligations are.

The AGA developed a "Core Score" quiz to help you assess the quality of your digestive health. To take the quiz, visit the AGA's Web site at [www.gastro.org/corescore](http://www.gastro.org/corescore).



RUN, From C-1

assistant coach for soccer and basketball. Friends of Barboza claim he loved spending time with his athletes and sharing his love of sports with them. In '87, Barboza was killed in retaliation to a drug arrest he made during the previous year. Soon after, the annual

Law Enforcement Torch Run was renamed in his honor. "I see us continuing this event in the future," said Gunnery Sgt. Gregory Y. Crew, company gunnery sergeant at MP Co. "This is our opportunity to give back to the state and support the Special Olympics athletes. It is a very honorable event."



Pfc. Rich Mattingly

**Victoria Stonesifer, fitness instructor, offers a “spinning” Dinah Horten encouragement during the first spinning classes offered at the Semper Fit Center, Tuesday.**

SPIN, From C-1

as they warm up. Next, she leads the class through a visualization, such as a visit to a familiar city. With eyes closed and music pulsing, the journey is on. As the students imagine scenes from a calm trail to a packed city street, the instructor urges them onward, slowly increasing the workout’s intensity. Stonesifer, a Johnny G-trained and certified instructor, says that all fitness levels can enjoy spinning. She estimates

that participants burn 350-900 calories in the 35-40 minutes of pedaling each class offers. “Anybody can do this and have it work for them,” said the eight-year spinning veteran, “I’ve had blind students, ones who have had strokes, another with only one leg, and I’ve also trained triathletes.” Spinning classes run Mondays, Wednesdays and Fridays at 4:45 p.m., Tuesdays and Thursdays at 6 and 11:30 a.m. and Saturdays at 7:45 a.m. Each session costs \$3.

# One year later

## Crew Chief Harold Holly continues Team Marines’ success

### Team Marines Racing Press Release

**DOVER, Del.** — Just one year ago, a magical relationship began when veteran crew chief Harold Holly was hired to lead the Team Marines Racing Team and driver Bobby Hamilton Jr. After settling in as a top-10 team in the NASCAR Busch Series, Team Rensi Motorsports recognized the need to improve and hired Holly, who won the 2000 NASCAR Busch Series Championship as crew chief for Jeff Green. The success was instant as Hamilton recorded a sixth-place finish in his first race with the team, the spring event at Dover International Speedway. From that point forward, Hamilton and Holly grew closer in their roles as driver and crew chief and two weeks later raced into victory lane at Kentucky Speedway. The second of four wins came three races later as Hamilton dominated the Tropicana Twister 300 at Chicagoland Speedway. Hamilton would end the season with two more wins in the final five races (Memphis and Phoenix) and finish just 49 points behind Busch Series Champion Brian Vickers. “As soon as we hired Harold, we became a new team overnight, everyone on the team raised their level of performance and we became a threat to win every race,” Hamilton said. “Harold is the best crew chief in the garage, and we really hit it off from day

one. He understood exactly what I needed in the race car and always knew the right changes to make on the Team Marines Ford.” The match was also perfect for Holly, a native of Pell City, Ala., who had started the year with Mike McLaughlin, a proven Busch Series winner. However, the team shut down before Daytona when promises by ownership fell short. Holly had begun to help driver Lyndon Amick in a part-time situation, but the desire to compete for another championship was burning inside the 37-year-old crew chief. Despite leading Green to the 2000 Busch Series title, Holly wanted to lead another team and driver to the Busch Series Championship. “When Sam Rensi [CEO and president of Team Rensi Motorsports] called me about this opportunity, I became really excited and knew we could win here,” Holly said. “I had always wanted to work with Bobby because he is a hard-nosed driver that will push the gas pedal. Bobby and I really want to be champions this year, and I know we have what it takes to get their.” In addition to competing for the 2004 NASCAR Busch Series Championship, Team Rensi Motorsports is busy preparing for the future. The goal is a move to the NASCAR Nextel Cup Series in 2005. Hamilton said he will keep his focus on one thing, winning races. The Team Marines driver knows his owners will take care of issues outside the track, while he’ll take care of the action on it. The MBNA America 200 will mark the one year anniversary for Harold Holly with Bobby Hamilton Jr. and Team Rensi Motorsports.



Photo Courtesy of Motorsports Memories

**The Team Marine pit crew rushes to complete quick maintenance in the pit during the O’Reilly 300 at the Texas Motor Speedway, April 3. Crew chief Harold Holly joined Team Marines one year ago, and success has followed since.**